

PBI's "Junior Winter Training Program" is the most intense and thorough *Position Specific Off– Season Training Program* available for players that are on the 50/70 field. This program will extensively key in on the fundamental and advanced skills needed for the 50/70 game of "real baseball". The JRWTP will bring you to the doorstep of the 2018 season fully prepared and ready to go!

# Attention 11u & 12u (50/70 field) Baseball Players

#### **GOALS OF THE PROGRAM**

- $\rightarrow$  Prepare players to enter their high school season at peak performance.
- $\rightarrow$  Condition players skills, knowledge and execution to top personal performance.
- $\rightarrow$  Educate players on injury prevention and staying healthy thru the season.

### **DESIGN YOUR SCHEDULE...**

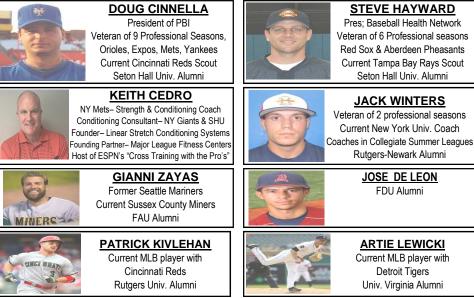
→ <u># OF MONTHS</u>... CHOOSE <u>4</u> -or- <u>3</u> -or- <u>2</u> -or- <u>1</u>

Day	Time	December	January	February	March
Tuesday's	6:00- 8:00рм	12/5, 12, 19	1/2, 9, 16, 23	1/30, 2/6, 13, 20	2/27, 3/6, 13, 20, 27

## **PRICING**

<u>4 Months</u>	<u>3 Months</u>	2 Months	<u>1 Month</u>	
(Dec & Jan & Feb & Mar)	(Jan & Feb & March)	(February & March)	(March)	
16 total sessions	13 total sessions	9 Total sessions	5 Total sessions	
Member <b>\$475.<sup>00</sup></b>	Мемвек <b>\$399.<sup>99</sup></b>	Member <b>\$349.<sup>99</sup></b>	Мемвек <b>\$225.<sup>00</sup></b>	
Regular <b>\$499.<sup>99</sup></b>	Regular <b>\$429.<sup>99</sup></b>	Regular <b>\$379.<sup>00</sup></b>	Regular <b>\$249.<sup>99</sup></b>	

## HEAD COACHES



#### PLAYERS ENTER THE PROGRAM ACCORDING TO THEIR POSITION

If you play two positions, you will rotate positions every other workout.

## **OFFENSIVE** TRAINING DETAILS

This year, the PBI Junior Winter Training Program will include strength, agility and conditioning, along with our Major League Hitting Process designed by current manager of the Pittsburgh Pirates, Clint Hurdle. Clint was the manager of PBI President, Doug Cinnella in the NY Mets system for 4 years.

This hitting wisdom has been imparted to the PBI staff. The PBI staff takes this information and breaks it into several parts, known as the Process of Hitting. The Process of Hitting involves:

\*Creating a "Personal Hitting Mission Statement" \*Know what kind of hitter you are; \*Have a "Plate Plan" \*Develop confidence and trust in their hitting abilities. \*Stay in Control

All of the proper foundations and basic skills of hitting will be taught and reinforced by the PBI staff while developing the aforementioned major components to what it takes to be a successful hitter. Hitters will hit live pitching during the month of February & March along with the repetition of BP, front toss and various other hitting drills, all designed to improve personal hitting skills quickly.

All hitters in the 3 & 4 month program will be evaluated by our state of the art video capture system known as "Pro Mirror". This analytical hitting system allows our coaches to compare, side-by-side hitting analysis with Major League Hitters to improve a hitters performance instantaneously. This hitting system has been in use by all 30 Major League Ballclub's. Proven, effective results.

### **DEFENSIVE TRAINING DETAILS**

All position players will take thousands of ground balls and work on the footwork needed to be a good defensive baseball player. Various stations of skills training will be used, including short hop play, long and medium hops, cut-off and relay positioning, double play approach from 2B and SS sides of the bag, first base play and approach, full throws from every infield position, including slow roller approaches and pitchers fielding practice (PFP).

Outfielders will work on angles, and quick recognition skills training for a quick release on throws from the outfield. There will be limited fly ball and line drive work for all outfielders. Most outfielders are really in the lineup because of their ability to hit, so although there is a limited amount of fly ball work to be done indoors during the winter months, truth be told, outfielders better be able to hit !!!!

The JRWTP, along with New Jersey's best coaching staff to bring you a winning combination of total baseball training in New Jersey's finest indoor facility in Oakland at the NJ Sports House.

## **REGISTRATION, PAYMENT & AGREEMENT**

JRWTP '17/'18

Name:			I	DOB.:				
Indicate the Position(s) you will come into program as >>> $\Box$		u will rotate positions every o	□ <b>OF</b> ther week ←					
Middle School:		_ Your Current Gra	de:					
Address:		City:		State:	Zip:			
Fathers Name: MotI	ners Name:							
Fathers Cell: Mot	thers Cell: Home Phone:							
EMail <sup>(s)</sup> :								
METHOD OF PAYMENT	SIGNATURE AND AGREEMENT							
<ul> <li>Pay in Full</li> <li>Payment Plan         <ul> <li>1st Payment Due upon Registration</li></ul></li></ul>	<ul> <li>choose to use the payment plan you are responsible for the full cost of the program. If you choose not to continue sometime before outstanding payments are due, you are still responsible for and will be charged for the full price of the program. A late fee of 2% will be incurred on balances that are more than 7 calendar days overdue.</li> <li>HOLD HARMLESS- I hereby acknowledge that participation in any program provided by Professional Baseball Instruction (PBI) involves an inherent risk of physical injury and hereby assume all such risk and do hereby release, forever discharge, and hold harmless, PBI, NJ Sports House, The Wright Way, and all its employees and agents thereof from any and all known liability no matter the nature, arising from and by reason of any and all known and unknown, foreseen and unforeseen body and personal injuries, damage to property, and the consequences thereof, resulting from the registrant's participation in or involvement with this camp, including any failure of equipment or defect in the premises. I also hereby certify that the participant to be given treatment by a local hospital. Any photographs taken at the camp are subject to be used in the brochure in future years and can possibly be used for advertising the camp. I hereby state that I am the legal guardian of the participant.</li> </ul>							
Card #	Signature:				Date:			
Exp **ALL PAYMENTS ARE FINAL AND NON-REFUNDABLE**	Are eit	ther parents and/or gu	Professional Ba	seball Instruction	<u>on, Inc.</u> /436			